

Dear staff members!

I have been appointed as your **occupational** psychologist and would like to introduce myself to you as follows:



Mag. Regina NICHAM

Clinical and Health Psychologist
Occupational and Organization Psychologist
Psychotherapist

Education and Training

- Study of psychology – University of Vienna
- Training as occupational psychologist in Vienna
- Training as clinical and health psychologist in Vienna
- Psychotherapist (Katathym Imaginative Psychotherapy)
- Training as nordic walking instructor
- Head of occupational psychology at IBG

At the BOKU I offer **individual coaching and consultation for staff members and managers in German and English**. You can contact me with your own issues or as a manager, if you need advice about how to deal with staff questions related to work psychology.

THE FOLLOWING TOPICS REPRESENT POSSIBLE SUBJECTS:

- Managing and preventing stress
- Burnout prevention
- Trying out some relaxation techniques
- Biofeedback and short term measurement of the HRV (Heart Rate Variability)
- (Re-)discovering your own resources / sources of strength
- Support in dealing with current crises (changes in life, traumatic experiences, death, ...)
- Dependency problems (e.g. alcohol)
- Dealing with conflicts
- Mobbing – what to do against it
- Emotional problems (anxiety, depression, ...)
- Psychosomatic complaints
- ...

I am pleased to work as your occupational psychologist. Feel free to contact me to help you solve any work related or personal issue you might have. To detect and resolve potential health and safety risks (physical and psychological) is of utmost importance to me.
Consultations are anonymous and, of course, **complete confidentiality** will be guaranteed.

Availability

You can contact me by phone from 8.00 to 18.00 o'clock at **0699/11 61 3484** or by sending a e-mail at **r.nicham@ibg.co.at**. If you are unable to reach me I will return your call as soon as possible.
The consultations take place either in the rooms of the occupational practitioner (first aid room) or externally at the facilities of IBG, in Mariahilfer Straße 50/14 (entrance Kirchengasse 1), in 1070 Vienna.

Looking forward to a good collaboration!